Philadelphia, PA — Reflecting on his three decades of public service, Congressman Joe Sestak today shared his experiences and insight in the keynote address for the graduating class of the Fels Institute of Government at the University of Pennsylvania.

The Fels Institute of Government trains leaders for public service at every level of government and at non-profit organizations.

"I have been in public service my whole life -31 years in the Navy and now serving my first term in Congress," said Rep. Sestak. "I am convinced from my own experiences that serving your country, either in the military or in government, is one of the greatest callings I know. There is no greater undertaking than to try to make things better for other people and to make government work for its people in a compassionate and effective way."

Recent graduates of Fels Institute of Government have worked in numerous branches of federal, state, and local government, including the U.S. Congress; Departments of Defense, Homeland Security and State; at international organizations such as the United Nations Development Program and the World Bank; and for the nations of Korea, Senegal, Serbia, Singapore, Spain, and Turkey.

"No matter what type of service you claim...whether you lean left or right...whether you will make your mark in Washington or Harrisburg or overseas...if you have passion and conviction about your career, you can make a real difference in our public life," said Rep. Sestak in his keynote remarks. "And I frankly think the need has never been greater for capable and committed individuals like you in public service."

Rep. Sestak also spoke of the challenges we face today and noted that the graduates of Fels are well equipped to lead us through difficult time: "We are all familiar with the type of leadership that leads us out of a crisis, the type of leadership President Bush showed after September 11th. Today, I see a new type of leadership - that which prevents a crisis from ever happening."

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group

of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "DeepBlue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever to serve in the U.S. House of Representatives.